Well Now...

WELLBEING NEWSLETTER
JANUARY 2018

Keeping you up to date.

CAPOD | The University Of St Andrews | No SC013532
Hi, I'm Helena, working with Edible Campus. I've recently joined the Wellbeing and Engagement Group, and it's a delight to introduce the January issue of the Well Now Newsletter.

Our wellbeing focus this month is on getting active, with Jump Out of January returning for the third year.

There are lots of good reasons to get outside and get active, especially in the cold! Being active produces your body's own endorphins, and has health benefits for your body and mind.

There are lots of easy ways to add to your daily activity: taking the stairs; starting a new exercise class; or joining the Wee Walk Once a Week. St Andrews is beautiful - make it an excuse to get out and look around.

Edible Campus runs Garden sessions throughout the year, and all are welcome. It's a great way to get out and get active so I hope to see you in a garden somewhere soon!

Tell us what you think!

Please send suggestions and comments for future newsletters to wellgrp@st-andrews.ac.uk
In this month's Well Now!

HEALTHY WORKING LIVES AWARD RENEWAL
4

MOVEMBER 2017 WINNER
5

MENTAL HEALTH FIRST AID WORKSHOP
6

LOVE YOURSELF FEBRUARY
7

*NEW* CARER & PARENTS SUPPORT NETWORKS
8

MINDFULNESS WORKSHOP
9

*NEW* NUTRITIONAL WEB PAGE
10

WELLBEING BASICS WORKSHOP
11

IS RESOLVING EVOLVING? NEW YEARS' RESOLUTIONS
12

EAT SEASONAL - PEAR, JERUSALEM ARTICHOKE, POTATO
13
In November it was time for the University to be reviewed by the Scottish Centre for Healthy Working Lives to determine whether we should retain the Silver award made to us in 2016...

We gathered a lot of data about all the great activities and initiatives happening across the university, and how we compare to other organisations...

We provided evidence we meet criteria on promoting wellbeing and engagement at work with a lengthy submission...

Our Healthy Working Lives Advisor reviewed what we’ve done in 2017 and conducted a quality review...

We’ll now work to achieve the Gold Award, joining current Gold holders the Universities of Edinburgh, Strathclyde and Abertay, Diageo Scotland, Scottish Power, and the Scottish Government, with even greater focus on our long-term wellbeing strategy and our specific wellbeing needs as a workforce. We look forward to going on this journey with you!
**OUR MOVEMBER 2017 WINNER!**

During November men across the university, town, and world showed their support for men’s health with moustache mania...

Joining revered moustache-owners Groucho Marx, Tom Selleck, and of course last year’s Champion Daryl Haynes (below right), these men have braved itchy beards, endured ridicule from family and friends, and mastered moustache grooming to continue the fight against men’s health issues.

And now - the results are in!

![Image of Mr. Wayne Clunie from RBS](image1)

Mr Wayne Clunie from RBS!

Wayne (left), a long-time supporter of Movember, was awarded the Movember Trophy and a hot shave, cut and finish from the team at Spoiled Men.

Thank you Spoiled!

![Image of Gus San Roman](image2)

Our very worthy runner-up was Professor Gus San Roman, below, from the School of Modern Languages. Gus also receives a free haircut courtesy of Spoiled Men.

![Image of 2016 Champion Daryl Haynes & Jos Finer](image3)

2016 Champion Daryl Haynes & Jos Finer, Head of Organisational & Staff Development, CAPOD

More info at: www.movember.com
SCOTTISH MENTAL HEALTH FIRST AID

Mental Health First Aid is a 12-hour, evidence-based course based on the concept of general first aid training, aiming to improve general awareness and understanding of mental health.

The course will teach you to give initial help to someone experiencing a mental health problem, deal with a crisis situation or the first signs of someone developing mental ill health, and guide people towards appropriate professional help.

A recent formal evaluation reported a considerable increase in the proportion of participants who said they would be prepared to help someone they thought was experiencing a mental health problem.

Thu 14 Jun 2018 to Fri 15 Jun 2018 | 09.00-17.00
C5, Bute Building

Book now on PDMS
https://www.st-andrews.ac.uk/pdms/?CourseID=7937
Get ready for 'Love Yourself' February...

Four weeks of wellbeing activities and opportunities designed to get you feeling the love...

- Eat well with our Fresh Produce Giveaway
- Practise Self-Care Meditation with our new series
- Give yourself a health MOT with our guide
- Book a Lifestyle Assessment with the Occupational Health Advisor

Book your Lifestyle Assessment NOW by emailing occhealth@st-andrews.ac.uk or ringing Ext 2750

- Lifestyle Assessments available on 16th & 23rd February
- Assessment includes blood pressure monitoring, height, weight and body fat measurements and support with exercise including base line aerobic assessments and advice on nutrition
Staff Carers and Staff Parents Networks

To support University staff we will be launching 2 new staff diversity networks in 2018 - register your interest in joining these networks using the links below by 26th January 2018

The purpose of the informal networks supported by the University are to:

- Provide a confidential forum to share coping strategies and knowledge through networking
- Provide effective solutions in policy/planning development
- Gain awareness of work-life balance whilst juggling work and home responsibilities
- Increase the positive profile of carers through events and initiatives

Staff Carers Network

Definition: A carer is anyone who cares, unpaid, for a friend or family member who due to illness, disability, a mental health problem or an addiction cannot cope without their support.

Register your interest by 26th January 2018 by going to: https://www.st-andrews.ac.uk/hr/edi/eia/engagement/staff-carers-network/

Staff Parents Network

Register your interest by 26th January 2018 by going to: https://www.st-andrews.ac.uk/hr/edi/eia/engagement/staff-parents-network/
Mindfulness practice teaches us to stay in the present moment, rather than reliving the past or pre-living the future.

Many people find becoming mindful helps to reduce stress and emotional upset, deal with life’s challenges more effectively and enhance feelings of joy and contentedness.

In this introductory mindfulness session begin to discover hands-on what mindfulness is by trying some experiential practices and short guided meditations.

**Book Now for Sessions On:**

Tuesday 20 February 2018, 1300-1600:
https://www.st-andrews.ac.uk/pdms/?CourseID=7849

Thursday 19 April 2018; 1300-1600:
https://www.st-andrews.ac.uk/pdms/?CourseID=7850
**Nutritional Wellbeing Resources Webpage**

Visit our *new* nutritional wellbeing web resources to find:

- healthy eating blogs
- dietary guidelines
- seasonal eating recipes

Do you have a favourite healthy food blog? Tell us about it and we'll add the link!

https://www.st-andrews.ac.uk/staff/wellbeing/resourcesandapps/nutrition/
DINA VIEW: WELLBEING BASICS

Last places available...

Join Professor Dina Iordanova on her Wellbeing Basics series as she explores the central role a thoughtfully conceived and executed routine can play in our sense of wellbeing.

These five 1-hour workshops will focus on core elements such as posture and breathing, and demonstration of simple techniques that can become initial building blocks of a conscious routine toward wellbeing.

Mon 30 January 2018 onwards | 12.00-13.00
Students’ Association & other locations

Book now on PDMS: https://www.st-andrews.ac.uk/pdms/?CourseID=7930
Is Resolving Evolving?

The concept of Samvega, coming from the Buddhist philosophy, can be defined as 'the oppressive sense of shock, dismay, and alienation that comes with realizing the futility and meaninglessness of life as it's normally lived; a chastening sense of our own complacency and foolishness in having let ourselves live so blindly; and an anxious sense of urgency in trying to find a way out of the meaningless cycle'. This feeling is possibly responsible for all the new year's resolutions in the history of the world...

By this time in January many of us will already be acting out our new year's resolutions, shining with purpose and satisfaction as we tick items off a list. Just as many will be looking at our list, looking at our watches, sighing, and diving back into day-to-day life without a backward glance.

The new year is an opportunity to pause and reflect on the endless cycle of change, and the perfect time to identify what we want to change and make resolutions for the year ahead - or is it? Conventional wisdom often tells us setting (realistic) goals is the key to being successful and happy. Some, however, would argue that new year's resolutions can be limiting, focusing as they do on the idea of a more 'perfect' future, and a future version of ourselves (that may or may not come into existence) at the expense of being truly aware of the present moment. There's also an argument that feeling obligated to set this type of goal could lead you to feel less positive about your life as it currently is (see Steve Errey's article).

That being said, some goals are difficult to argue with; we could probably all stand to move or be outside more. If you do set goals, think about what changes really do matter to you, and how ready you are to make them (see Christine L. Carter's article). Even if you've made a resolution, be aware and flexible to new opportunities; you may discover something wonderful on the way to achieving a target you set previously, and decide to change course. And if you do set a goal and find yourself struggling, try practicing some self-compassion exercises. There are lots available online, and surely being humane and kind to ourselves is a new year's resolution we should all make.

*https://www.accesstoinsight.org/lib/authors/thanissaro/affirming.html via https://en.wikipedia.org/wiki/Sa%E1%B9%83vega

---

**Read Online**

**Telegraph: The most common new years resolutions - and how to stick to them**
http://www.telegraph.co.uk/health-fitness/body/common-new-years-resolutions-stick/

**Christine L Carter: 3 Reasons You Shouldn’t Make a New Year’s Resolution**
https://www.psychologytoday.com/blog/brave-over-perfect/201612/3-reasons-you-shouldn-t-make-new-year-s-resolution

**Steve Errey: New Years Resolutions Don't Work - Here’s Why**
http://www.lifehack.org/articles/featured/new-years-resolutions-dont-work-heres-why.html

**Kristin Neff: Self-Compassion Exercises**
http://self-compassion.org/category/exercises/#exercises

**How self-compassionate are you?**
http://self-compassion.org/test-how-self-compassionate-you-are/

---

**Do**

- Think about what really matters to you for the coming year - honestly
- Identify things, people, and feelings you appreciate about your life as it is right now
- Develop your sense of self-compassion
**EAT SEASONAL**

**THIS MONTH'S INGREDIENTS:**

*PEAR * JERUSALEM ARTICHOKE * POTATO*

Eating well can seem like hard work, so each month we'll be featuring two recipes using seasonal ingredients to get nutritious food on your plate in less than 30 minutes! Get involved by sending your recipes to: wellgrp@st-andrews.ac.uk

Next month's ingredients: Cauliflower, Rhubarb, Swede

---

**Pear Spice Chia Smoothie**

(https://greenblender.com/smoothies/recipes/pear-spice-chia) Serves 1

**Ingredients:**
- 1 pear, chopped
- 1 banana, peeled
- 1 tsp cinnamon
- 1 tbsp chia seeds
- 1 cup water

**Method:** Blend and drink!

---

**Jerusalem Artichoke and Potato Soup**

(http://allrecipes.co.uk/recipe/15943/jerusalem-artichoke-and-potato-soup.aspx) Serves 4

**Ingredients:**
- 1 tablespoon butter
- 1 onion, chopped
- 3 garlic cloves, chopped
- 300g potatoes, peeled and diced
- 200g Jerusalem artichokes, peeled and diced
- 1L vegetable or chicken stock
- Salt and freshly ground black pepper to taste
- Grated nutmeg to taste

**Method:**

1. Heat oil and butter in a saucepan and fry onion and garlic for 5 minutes until transparent.
2. Add potatoes and Jerusalem artichokes and fry for 3 minutes while stirring.
3. Add stock and reduce temperature. Cook with the lid on for 20 minutes until the vegetables are nice and soft.
4. Puree the soup. If it is too thick, add more water or stock.
5. Season with salt, pepper and nutmeg.

---

**Pear and Ginger Oat Bars**

(http://www.nourishyourglow.com/pear-ginger-oat-bars/) Serves 1

**Ingredients:**
- 3 tbsp coconut oil
- 2 tbsp nut butter (e.g. almond)
- 3 tbsp maple syrup
- 1.5 cups jumbo oats
- 3/4 cups chopped pears
- 1-2 tbsp grated fresh ginger (ground works too)

**Method:**

1. Preheat the oven to 300f / 175c
2. Combine the dry ingredients
3. Combine the wet ingredients separately
4. Mix the wet and dry ingredients together
5. Transfer to a pan and press down evenly with a spatula to create an even layer
6. Bake for around 20 mins until golden brown, slice and enjoy.
YOUR WELL NOW
SHARE YOUR NEWS!

TELL US WHAT YOU'RE UP TO!
SHOWCASE YOUR HEALTH & WELLBEING EVENTS, ACTIVITIES, FUNDRAISERS AND SOCIAL GROUPS.

Email:
wellgrp@st-andrews.ac.uk

with the Subject Heading "Your Well Now"
Yes!

Please sign me up!

If this newsletter has been forwarded to you, you can sign up to have future editions sent directly to you.

Click on the button below to sign up.

See the Wellbeing webpage for more news, resources and information

http://www.st-andrews.ac.uk/staff/wellbeing/